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A N
ENCHIRIDION
O F
FEVERS,

Incident to SEA-MEN,
(during the Summer) in the
Mediterranean; Explicating their
Causes, Antecedents, and Conjunctions
Likewise their *Symptoms*, and
Method of Cure.

The Second Edition, Corrected and Amended.

With several Medicinal OBSER-
VATIONS, and Necessary
REMARKS thereon.

By Thomas Bates, Surgeon.

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the Crown, in the Pall-Mall: And Sold by
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ERRATA'S in the PREFACE.

PAGE iv. line. 2. read it to. instead of it to
P. vi. l. 16. r. expect an Alteration.

ERRATA'S in the BOOK.

PAGE 22. l. 10. r. troublesome : their Bodies.

P. 41. l. 15. r. but a faintness:

P. 46. l. 17. r. *absinthii*, instead of *asibini*.

P. 49. l. 3. r. feebleness, and sickness at his Stomach.

P. 58. l. 16. r. two hours upon him, which

P. 62. l. 6. r. *Mr. P. Pulap. de quibus.*

P. 67. l. 8. r. which was detained.

P. 87. l. 6. r. *Rad. Episcopum*, instead of *Rad. Episcopum*.

P. 92. l. 2. r. when they were so happy

P. 93. l. 20. r. with their Breasts open.

THE
PREFACE
TO THE
READER.

‘IT is undisputable that the
‘ present Perfection of Phy-
‘ sick, Surgery, and most other
‘ Mysterious Professions, had
‘ their Inception and Augmenta-
‘ tion, from the kind endea-
‘ vours of Ingenious People, who
‘ Discovering the effects of One

or More particular Drugs Com-
 municated is to Manuscript out
 of Charity to his fellow Crea-
 tures by giving their followers the
 Opportunity of making further
 advances, for which then they
 received the praises of the Pub-
 lick, and were Remunerated ac-
 cording to their Ingenuity and
 Merit; but of Modern years,
 there has no Man (how Meri-
 torious soever) presented his
 Observations to the World in
 Print, but some of that Voca-
 tion would Clamour in the
 most Fastidious manner, that it
 was Nonsense, or that he Writ
 it out of Austentation to be
 thought a Man more know-
 ing then the rest of his Professi-
 on

' on, or what they knew before;
 ' which ill Treatment has De-
 ' terr'd Abundance of Ingenious
 ' Men from Publishing their
 ' Practice, and has been of Infi-
 ' nite Disservice to the Publick.

' Indeed to my knowledge there
 ' is a great many Surgeons of Ships
 ' of Warr, who are Men of In-
 ' genuity and Learning, which
 ' are well Acquainted with this
 ' Fever, and Undoubtedly have
 ' Methods very Commendable
 ' in its Cure: Who have now
 ' Gain'd so good a Character in
 ' the Navy, that they are unwill-
 ' ling to venture that Honour by
 ' Publishing their Practice to the
 ' Censure of the World, knowing
 ' how

(vi)

how the best of Authors have
been Aspersed, and Exploded
by Malicious Critticks only that
themselves might be thought
Wise.

I should never have Ven-
tured to Publish any thing of
this Nature (especially so De-
rogating from my Profess'd
Practice) had there been any
Probaility of its being un-
dertaken by a Physition, but
as their want is too Evidently
Experienced and much to be
Lamented, and what is Worse
no Grounds to Expect in an
Alteration; I hope the Gentle-
men of that Profession will Par-
don this in me, whose Real
Intent is the Publick Service:
and

' and knowing that all Methods
 ' are Liabie to very great im-
 ' provements, my hopes is, this
 ' will prove Exemplary for
 ' (and will Excite) Men of
 ' greater Experience to shew
 ' their Abillity; so that young
 ' Surgeons having Different Au-
 ' thors to Read, may the Bet-
 ' ter judge what Practice to fol-
 ' low.

' And now having left her
 ' Majesty's Service where I was
 ' a Surgeon, and betaken my
 ' self Wholly to my Practice
 ' on Shore; I thought my self
 ' bound in Duty to impart
 ' those Advantages which I
 ' Gain'd in the knowledge of
 ' this Fever to my Succeeders
 for

(viii)

‘ for the General Benefit of such
‘ Marine People, whose Perticu-
‘ lar or National Interest, Re-
‘ quires their stay in that Aus-
‘ tral Climate.

‘ Accordingly I Communica-
‘ ted my Paper to some of the
‘ most Eminent of my Profession
‘ which bore good Charecters
‘ in the Navy, who were plea-
‘ sed to approve of my Endea-
‘ vors, and after a serious Inspecti-
‘ on, made such Alterations as they
‘ thought would more Publick-
‘ ly tend to the Service of young
‘ Surgeons, and afterwards Ex-
‘ horted me to Publish it, by tel-
‘ ling me the Necessity of a
‘ piece of this Nature, and by
giving

' giving me some Assurance of
 ' its Meeting with a welcome
 ' Reception.

' The want of Books Treating
 ' of Distempers Incident to Sea-
 ' faring People is a very great
 ' Misfortune, there being now (by
 ' a modest Computation) near
 ' Two Thousand Surgeons whose
 ' Imployment is at Sea, Four
 ' Fifths of which either Serve as
 ' Mates in Ships of War, or Surge-
 ' ons of Merchant Ships, who have
 ' not a Syllable in Print to Inform
 ' them of the Nature of such
 ' Contingent Diseases as are Pe-
 ' culiar to that Clime; Therefore
 ' at their first going thither, it
 ' may Reasonably be sup-
 ' posed they must be as Illete-
 rated

' rate in the knowledge of those
 ' Casual Infirmities, as our An-
 ' cestors were before *Hypocrates's*
 ' time, when every one follow-
 ' ed their own Rude Notions
 ' and Suggestions.

' To the impartial Reader, I
 ' think I run no great Resque
 ' of my Reputation, Consider-
 ' ing the Subject of this Trea-
 ' tise is so Derogatory from the
 ' Practice I now Profess, and
 ' is only the Effect of my study
 ' in Physick at Sea; Where
 ' (thro' the want of Physitions)
 ' every Surgeon is obliged to
 ' Prescribe, tho' never so Unac-
 ' quainted with the Distemper
 ' of the Patient.

* I Deferr'd Publishing this
 ' Narrarive (altho' perfected Du-
 ' ring my being at Sea) in or-
 ' der to Annex it to a Compen-
 ' dium of Veneral Malladies,
 ' which I had almost Compleat-
 ' ed, but finding at my Arrival
 ' a Translation, from the *French*,
 ' and two other Authors upon
 ' the same Subject : I Desisted
 ' that intention, and for the
 ' Preceeding Reasons, Permitted
 ' this (notwithstanding its Di-
 ' minutiveness) to appear alone.

FIRST

I Detest'd Publishing this
 Narrative (also, protected by
 ring my being as Sea) in or-
 der to Annex it to a Compen-
 sation of Veneral Maladies;
 which I had almost Compleat-
 ed, but finding at my Arrival
 a Translation from the French,
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 the same subject: I Desired
 that intention, and for the
 Preceding Reasons, Permitted
 this (notwithstanding its D-
 miniveness) to appear alone.

FINIS

FIRST I will give you the best Account of the Cause and Symptoms of those Feavers most incident to Seamen in the Summer time, and in the *Mediterranean-Sea*, that my five Summers Experience has Taught me; after having taken more than Ordinary Dilligence to find out their Cause, by reason so many Poor Souls have been sent packing to their long Homes, by a Distemper without Malignity; which I believe will seldom prove Mortal (without their Irregularity) when the true Cause shall be known,

B

and

and afterwards give you my
Method of Cure; with several
Medicinal Observations thereof.

I define those Feavers to be a
Commotion in the Blood, caused
by an Excrementitious Humour
which is detain'd, thro' an Obsti-
pation of the Pores by Cold: And
that an Obstopation of the Pores is
sufficient to cause the following
Symptoms (the concurring of
which is the Feaver I Treat of)
I shall endeavour to make ap-
pear, viz. A Coldness and Shi-
vering, as also a Soreness and
Pain all over the Body and
Limbs; afterwards a great Heat,
and quick Pulse; with a Pain in
the Head, and that in the Bo-
dy encreased, and sometimes a
Vomiting: There are other
Symptoms

(3)

Symptoms which happen in the Course of the Distemper, which I design to take notice of in my Method of Cure, my intent here being only to give an account of the Nature of the Distemper, by explaining the cause of each particular Symptom, when the Patient is first seized with that Ailment; that the Reader thereby being a fit Judge of the Cause, may be as fit a Judge of what Medicines will Contribute to the Cure.

I need not here trouble myself nor the Reader to give an Account how cold will Produce an Obstipation of the Pores, but shall Referr it to my Explanation of each Symp

tom, where it will come of course; and that there is an Obstipation of those Ducts at that time; the following Reasons, as also my proving every Symptom to proceed from that alone, I hope will sufficiently Demonstrate it.

First, In all the Men I ever had Sick, I never saw any at the Beginning of the Distemper to Sweat, but after having continued sometime in that Shivering, when Nature was strong and able to throw off the Cold, they began to Sweat violently; but immediately their Shivering went off, and their Feaver abated.

Secondly,

Secondly, For a further Confirmation, let any hold a Microscope close to the Pores, and he will not perceive the least of that Dew upon the Skin at the first approach of the Shivering, nor Feaver, which in a State of Health is very perceptible; altho' at that time the Heat is much more intense, and Nature requires the Pores to be more open; for as the Pores are more or less Obstructed, so the Feaver is more or less Violent.

If according to *Sanctorius's* Assertions, we perspire Forty, Fifty, or Sixty Ounces in Twenty Four Hours; the quantity Detain'd when there is an Obsti-

B 3 pation

pation of those Emunctories, is sufficient to cause a Feaver in a very short time in that Country, when we frequently find Feavers in our more moderate Climate, proceed from the detaining Four or Six Ounces of the Excrement of our Food, a Day or two longer than Nature intended: Likewise in very Violent Feavers, that an Ounce or two of Matter being thrown upon some Debilitated Emunctories, when discharg'd shall put an End to the Feaver, which is not the Twentieth part of what we perspire in a Day.

It may be Objected, that there are several People who Linguer in Sickness many Years, which compute both their Eating
ing

ing and Drinking consume not half the quantity, he says we perspire, yet without doubt they perspire proportionably, according to the Sustainance they Eat, allowing they use Labour or Exercise to Digest it ; but still the Detriment is the same, for those Men who Eat little, their Bodies being Naturaliz'd to that sort of Living ; a proportionable quantity of that Excrement of their Blood being detain'd, will create as great a Disorder in their Bodies, as twice the quantity will in a Man, who Eats and Digests twice the quantity of Victuals.

In my Explaining the cause of each Symptom, I shall take them Regularly, as they appear in

the Patient, from their first Complaints, to the end of their Sickness, and shall begin first with that Coldness and Shivering, and Soreness of the Body.

The Pores of the Body being open, the cold Air penetrates thro' the Cuticula and Cutis, and then the Pores being immediately Obstructed and Shut; the Coldness of that Air which is detain'd, and by contracting the Muscular Fibres, occasions both that Coldness and Shivering, as also that Soreness and Pain; which continues untill Nature by receiving it into the Blood, or evaporating it thro' the Pores has dispersed it.

That

That cold Air being only superficially Obstructed, occasions that coldness, and shivering, &c. but being Dispersed into the Blood, and the Pores continuing Obstructed: That Excrementitious part of the Blood which Nature had design'd to be thrown forth by insensible Perspiration being thereby detain'd; causes that commotion, as also that intense Heat, and impetuous Circulation of the Blood in this Feaver.

That Commotion, and by the Ill Quality of that Humour which is detain'd, the Texture of the Blood is divided, and the most Gross Part thereof, being thrown up-

on the small Capillaries of the Arteries, they are distended beyond their Natural Bounds, and have not an Elastick Force sufficient to throw off their Burthen; and the Stagnation continuing, the quantity Encreaseth, and Causes a Solution of their Continuous Parts, which continues that Pain in the Body and Limbs, with more Violence than before.

I mention not the Pain in the Head as a Symptom of this Feaver, for the Brain being the Laboratory of Sensation; and its Organs; the Nervous Fibres, being dispersed over the whole Body, and having a continued Dependency, a Pain, tho' in the remotest Extremity

Extremity of the Body, will Communicate its Effects so as to cause a Disorder in the Brain, and the Texture of Fibres, which form its Meninges are so very Fine and Small, that we may reasonably believe them liable to Stagnations in Feavers; when, by the Commotion of the Blood it is so violently propell'd thro' the Arteries as to cause a Laceration of their Capillaries.

Several People will Wonder why I make a difference between the Soreness and Pain in the Body, and Limbs, which they Complain of when they are first Seized with that Shivering; and the Pain which they have when the Fea-
ver

ver, and other Severe Symptoms are upon them; but I beg the Reader will consider that the immediate Cause of both is different: For the Soreness, &c. as first proceeds from the Violent and Incessant Action, and Contraction of the Muscular Fibres in the time of their Shivering, and the longer, or more violent their Shivering is, the Soreness, &c. encreases accordingly, and is compared by every one in that Distemper, to the disorder a Man finds after hard Labour or much Exercise, as Riding, &c. when those Fibres have been over Extended.

I think I have sufficiently Explain'd my Meaning, from whence

whence the difference of those Pains proceed, but this following Reason will I hope put it beyond all doubt.

I have always observ'd as I told you in Page the Fourth that when Nature was Strong, and the Cold not Violent, the Distemper Terminated by Sweating before the Symptoms of a Feaver Seized them; then the Cause being thrown out, the Soreness and Pain went off within two or three Hours after their Sweating; but on the contrary, when the Feaver has Seized them, that the Texture of the Blood is divided, and the Vessels become repleat, and so distended, as to cause a Solution of their Continuity.

Continuity: Then after the Feaver, and other Symptoms are gone, This Pain will continue a Day or Two, untill Nature have had time to Agglutinate and Heal the Lacerated Capillaries.

When the Feaver is Violent, there is always a Vomiting, and the cause is as followeth; the Violence of the Feaver proceeding from the Pores being Obstructed and Perspiration Hinder'd, and that Excrementitious part of the Blood being detain'd; the Blood and lactiall Vessels suddenly become repleat and full, so that denying entrance to the Chyle, it works up into the Stomach, where either thro' the Acid Jouce of the

the Stomach, being detain'd and Super-abounding, or thro' the Acrimony of the Bilorous Juice, by irretating its Fibres, or by some other occult ill Quality ; it being Preternatural the Stomach Ejects it ; the Foulness in the Stomach I always Judged Accidental, by reason they very rarely complain'd of any disorder there before their Sickness.

And I am very certain, let a Man of a Medium in Years, and of the best Constitution of Body ; expose himself to the Summers Dew in an Evening, in that Country, and at a time when he is a Sweating ; so that his Sweating shall be checkt by the Coldness of the Air

Air or Dew, and (altho' he be not Costive, and his Stomach in good Order, yet) he will within a few Hours be Seized with the forementioned Symptoms and Feaver.

I have now Briefly run thro' the cause of the several Symptoms in this Feaver, not with an Intent to Demonstrate the Nature of each Minute Perticle in the Blood, or of each Substance admitted or detain'd in it, nor the Nature of their Acting to cause that Commotion (it being Explain'd at large by a great many able Physitions, to which I referr the Reader) but to satisfy him upon what Grounds I Build my Opinion, and to Recommend the following

lowing Practice to the consideration of the Surgeons at Sea.

I hope I have clearly Demonstrated, that the Conjunct cause of each Symptom, is produced thro' an Obstipation of the Cutaneous Pores; and think it sufficiently Testified by the Number of People I have had in this Distemper, that it is very rarely Mortal without the Irregularity or Ungovernable Temper of the Patient; for in in the Year *Seventeen Hundred and Six*, from the first of *May*, that we went from *Lisbon*; to the last of *July*, that we were in *Italy*, I had above a Hundred Men in this Feaver; and tho' several of them were *Dutch Soldiers*,

Soldiers, who were Passengers; and but indifferently provided with Bedding, and other Necessaries, yet but one Died and I may Justly impute his Death to his own Obstinacy, as in my Observations will appear.

Note, That when any complains of the formentioned Symptoms and Feaver, the matter causing the Disease, being always the same, the Indications of Cure are the same also, only respect must be had to the Age and Constitution of the Patient, and to the Degree of Violence in the Distemper, as also his former way of Living; and according as those vary in some respects, your Prescriptions

Prescriptions must be varied likewise, but I leave those little Variations to the Judgment and Discretion of every Surgeon, and will briefly give you the most Material Remarks in the Cure.

The coldness and shivering of the Body and Limbs, as also the Soreness and Pain generally held them three or four Hours; afterwards, as the Excrementitious Humour began to encrease, it produced a Heat and Commotion in the Blood, then if the Disease was stronger than Nature, the Pores continued Obstructed, and brought on the following Symptoms.

Viz.

Viz. A Pain in the Head and Body, with a great Heat, and quick Pulse, &c. but sometimes when Nature was strong, and the Disease not violent, it Terminated by sweating; at which time they who was careful and kept themselves Warm, the Feaver was very much abated, and their greatest complaints was a Weakness and Feebleness, thro' the violent expence of Spirits in Perspiration; then nothing more was wanting, but a small Sudorifick Cordial to fortify the Stomach, and assist Nature, to throw off the remains of the cause, by a gentle Diaphoresis: But if thro' want of Bedding, or their Lodging being cold, or they were

were careless of themselves in their Sweating, then the Pores are again Obstructed, and the cold Air, and Excrementitious Humour is dispersed into the Blood, so that the Feaver returns, and continues Encreasing (if it is not check'd by proper Remedies) sometimes till the fifth or sixth Day ; and then thro' the great Heat in that Country, they become Restless, and afterwards Delirious, so of consequence in danger of their Lives. But I thank GOD the two last Summers that I was in Her Majesties Ship the Mary-Gally, and that I have used this Method, I have not had one Man who has been Delirious, nor scarce a Man whose Feaver

Feaver has continued above two Days, before a check has been given to its Encrease, tho' they were some Days before they recovered Strength.

When this Feaver happens to a Man, who has led a Country Life, and at his first coming to Sea, it often proves troublesome to their Bodies (thro' the Alteration of their Diet, and change of Air) being of a Cacochymical Habit, and repleat with Humours, which burthens Nature, and weakens the Fibres of the whole Body to that Degree, that with the strongest Diaphoretick Medicines, she is scarce able to promote a Secretion thro' the Pores, which is sufficiently

ciently known to all Surgeons at Sea.

But when it happens to a Man who has been brought up to (or used) the Sea, the most part of his Life; his Body is so Naturaliz'd to that sort of Living, that it is as rare to find one who is active and stirring, and so brought up of an ill Habit, as it is a Man who lives always on shore.

This Feaver as well as other Distempers has its encrease and degrees of Violence, and for the more easy Explaining my Indications of Cure, it is necessary I should divide my Practice into two Methods.

The

The first is when I am call'd to a Patient, when the Coldness and Shivering is upon him, and the Cold Air not dispers'd into the Blood, or not so much of that Excrementitious Humour detain'd, as to occasion a Commotion and Feaver.

Secondly, When the Cold Air, &c. is so detain'd, as to cause a Commotion and Feaver, &c.

Altho' I divide my Practice into two Methods, my Intentions of Cure are the same, i. e. to throw forth the Matter occasioning the Distemper thro' the Cuticular Pores; for if the Distemper be occasioned thro' an Obstruction

struction of those Emunctories; which detains in the Body that Cold Air which causes that Coldness and Shivering, and also that Excrementitious part of the Blood, which by dividing its Texture produces that Fever; it necessarily follows that those Medicines, which will open those Obstructed Emunctories, and breath forth that cause, must mitigate the Distemper; for the cause being taken away the effects will cease.

It is the Practice of all Physicians and Surgeons to vary their Method in every Disease according to the different Symptoms that appear, with respect to the Violence of the Distemper; for when a Medicament of

a gentle and easy Operation will effect the Cure, it would be Madness in me to begin with a Harsh Method, which thro' some unexpected Accident might render the Disease doubtful.

Therefore when I was called to a Patient before the Symptoms of a Fever had Seized him, and no complaints of a Disorder or Foulness in his Stomach, before his Sickness, I proceed'd in the Cure by giving him sudorifick Medicines, to open the Pores, and continue him Sweating very plentifully (three or four Hours more or less) untill his Soreness and Pain was either quite gone, or very much mitigated; after which they were (by the great Expence of Spirits in Sweating)

very

very Languid and Faint: Then if their Soreness and Pain was not quite gon, I gave them such a quantity of some Cordial Sudorifick Water as would fortify their Stomach, and continue them in a breathing Sweat, till Nature, without weakning the Patient, being assisted by the Sudorifick Cordial, shall totally vanquish the Disease; not forgetting to keep their Bodies Soluble by Glisterers; and allowing them to Drink thin Water-Gruel warm and well boil'd, which both assisted their Sweating, and by its warmth, and staying in the Stomach, it preserved the tone of the part, and satisfied their Thirst: And since my giving it constantly in this Distemper, I have not been troubled

with Vomitings, as formerly ; which frequently proceeded from their Gorging themselves with cold Water, or any other Liquor which came first in their way ; People at that time when their Fever and Thirst is violent, being not to be persuaded of the good or hurtfulness thereof, but will follow their own Inclinations: After their Sweating you may squeeze the Juice of a Lemon, and a little Sugar to make it more gratefull; or for want of Lemons a few drops of *Ol. Sulph. per. Campan.* or Barly Water, which they please.

But if after their Sweating they found their Soreness and Pain quite eradicated, and nothing but a Faintness

Faintness troubled them, then I gave them some Stomachtick Cordial, and moderately freed their Body from any substance lodged or detain'd in the Intestines, or Stomach, by a Cathartick Powder; Which they took and continued for two or three Days, so as to give them two or three Stools a Day, and directed such Food for the recovering their Strength as the Ship did afford.

Secondly, when the cold Air, is dispersed into the Blood, and the Excrementitious Humour is so detain'd as to cause a Commotion and Fever.

I have been very brief, and only given you the Heads of

my first Method of Cure (referring you to my Observations for a more particular Account) by reason we are so seldom call'd at the beginning of the Distemper, that we have not an Opportunity to effect a Cure by so easy a Method.

For when a Sea-Man is Seized with this Distemper, he judges it to be Cold, and in hopes it will abate, he continues without sending for the Surgeon till the Fever is violent, at which time that Method would do more harm than good. For the whole Mass of Blood being in a Ferment, and the Fibres of the whole Body being burthen'd, and repleat with that Excrementitious Humour

mour which is detain'd ; the gi-
 ving a moderate quantity of a
 Sudorifick Medicine is not of
 sufficient force to cause the Fi-
 bres to act so as to throw off their
 Load, so that the force of the
 Sudorifick being detain'd in the
 Blood, the Commotion must
 be thereby increased ; for at that
 time the strongest Medicine
 which is Sudorifick alone, will
 not cause a Secretion thro' the
 Pores ; and it is very certain
 that while the Pores are ob-
 structed, and that Humour de-
 tain'd, the Fever will continue
 encreasing accordingly ; for
 which Reason I recommend the
 following Practice as the most
 safe and useful.

C 4

When

When I am not call'd to a Patient, before the Pain and other Symptoms of a Fever are upon him, if his Body be costive I order him an Enema; but if his Stools are in good order, I give him an Emetick, and increase its Strength, according to the Violence of the Disease; not expecting the Cure from its acting as a Vomit, but by performing the Duty of a Sudorifick, in opening the Pores and causing a plentiful discharge of that Humour, which being detain'd in the Blood was the cause of the Fever; and if the Emetick Operated according to Expectation, I put them to Bed, whereby keeping themselves warm they continued in a moderate breathing

breathing Sweat, which in three or four hours freed them from their Fever; but the straining to Vomit, and their violent Sweating, occasioned a Faintness and Feebleness, which I remedied by giving them the stomachick Cordial in my first Observation following: Then the Fever and all other Symptoms being Eradicated, except a soreness of the Body, I directed a Cathartick Powder to be continued three or four Days, and to be taken to such a quantity as would cause four or five Stools the first Day; and continue their Bodies Soluble for two or three Days after; but if after the Vomiting, their Fever was not quite gon, the reason was they Sweated not sufficiently, either

thro' their irregularity, or the weakness of the Emetick; therefore after their Vomiting I gave them a Sudorifick Cordial, and continued them Sweating untill all their disorders were vanquish'd, and then I gave them the Stomachtick Cordial, and afterwards the Cathartick Powder as before.

The Soreness with a Pain which was caused by the gross parts of the Blood being thrown upon the Capillaries, and causing a Laceration of their Fibres, sometimes held them a Day or two, after their Fever was gone; but I never regarded it; for Nature then was free and unconfined, and had Liberty to act; that upon taking the Cathartick Powder it always went off.

The

The Surgeon's strict Direction is required to every Patient after their Vomiting, that when they are in Bed a Sweating, to be careful and keep themselves warm, lest that their Sweating, be checkt by the Coldness of the Air, and the Pores be again Obstructed; then the Fever will return and become as Violent as before, so that the Patient is reduced to a greater Weakness, and of consequence in more Danger. In this Case you must begin with an Emetick, and notwithstanding their Weakness, you must prosecute the same Practice over again, and recover their strength by good Cordials, &c. as in my following Observations you'll find an instance.

Sometimes

Sometimes it happens that lusty strong body'd Men ; who Eat and Drink plentifully (such Men of consequence Perspire much) are Seized with this Distemper ; Now the more they Sweat or Perspire when in Health, the more of that Excrementitious Humour is detain'd when there is an Obstipation of the Pores ; and Nature is so burthened by a Plethora before, that a moderate Emetick is not of sufficient force to contract those burthened Muscular Fibres so as to throw off the cause of the Distemper : Then I have found it absolutely necessary to take away twelve, sixteen, or twenty Ounces of Blood, which has so Exonerated and Relaxed the

over

over-extended Fibres, that by giving an Emetick about five or six Hours after the Bleeding, they have Sweat very plentifully, which has totally vanquish'd the Distemper.

It is likewise very observable at Sea, that those who are Plethorick and Scorbutically Afflicted, are with difficulty caused to Sweat, and that Bleeding quickens their Pulse; which plainly demonstrates to us, that their Spirits must be Stagnated, and confined, by the crassitude, and plenitude of the Blood; which so distends the Arteries that they cannot sufficiently contract themselves, to throw the Blood with that impetuosity, which is necessary to disunite

its

its Particles, and set the confined animal Spirits at Liberty, to act according to the true disposition of Nature: Therefore it is undisputably necessary (by taking away a quantity of Blood) to empty the Arteries, that their Systole may be performed with that natural force which is necessary to divide each minute Particle in the Blood, after which you cannot fail of the expected Success from the Emetick.

What other accidental Symptoms may happen, I shall not trouble you with here; but refer you to my Observations, where I have inserted all cases in which I have found any

variety

variety of Symptoms, and where the Medicines given, have not had the expected effect.

I have left some small Observations of the Constitution of the Patient, and the proper time for applying each Remedy, to the Judgment of the Surgeon; and according to his Ability, he must expect the success of this Practice; there being not the smallest Accident in Surgery (even in cut Fingers) but sometimes requires a different Method; therefore I hope no Man will expect a constant Success in every Patient at the first, before he is acquainted with this Practice; and if thro' the carelessness or obstinacy of the Patient he fail in his Expectation,

I

I hope he will give the Practice its due, and impute the Miscarriage to its just Cause.

OBSERVATION the First.

MAY the Twentieth a lusty young Man, aged Twenty Years, and of a weakly Constitution, by Sleeping up on the Deck in the Evening, he was Seized with a Coldness and Shivering, as also a Soreness and Pain, all over his Body and Limbs, with a Pain in his Head all which Symptoms continued about two Hours, without the least sign of their abating, or Symptome of a Fever; his Body

wa

was Soluble, and his Stools in good order. I ordered him the following Sudorifick Bolus.

Rx. *Ther. Androm. Sorup. quatuor. Ant. Diaphor : gr. XVI: Sal. Armon. Volat. gr. Septem. M. f. bolus. Cap. statim.*

He Sweat very plentifully all Night, and towards the Morning rested, four or five Hours; and at his a waking the soreness and pains were quite gon, and he free from a Fever: Nothing then troubled him but Faintness and a little Weakness; to Remedy which, I gave him twice at distant times, some of the following Stomachtick Cordial.

Rx *Aq.*

℞ *Aq. Mirabil. Unci*
or. Spt. Menthee,
Aq. Cinnam. bordin
ana. Uncias tres. S
phil. Unciam Unam
Garriophil. gut. o

Which had the defini
and afterwards his B
always inclined to
I ordered him to tal
lowing Cathartick I
such a quantity as w
him to have three or
the first Day, and c
Body Soluble for tw
Days after.

℞ *flor. Chammomel.*
as. Pulv. Fallap.
phor. ana. Unciam

(42)

il. *Uncias* quatuor.
enthee, *Uncias*. tres
. *hordiat*. et *lactis*
tres. *Syr* : *Garrio-*
Unam Semis. *Ol.*
gut. octo. *M.*

he desired Effect ;
his Body being
to be Costive,
to take the fol-
tick Powder, to
as would cause
ree or four Stools
and continue his
for two or three

momel. *Uncias* du-
Fallap. *Antim.* *Dia-*
Unciam Semis. *Cre-*
mor.

(43)

mor. *Tartari.* *Unciam Unam*
Semis. *Ol.* *Garriophil.* *gut.*
octo. *M.*

And so finished the Cure.
By the kindness of Captain
Tho'. Scott, (and at his own
Expence) the Sick Men had all
fresh Victuals, or any thing be-
longing to him that I thought
would be Instrumental to their
Recovery ; by which they quick-
ly recovered their Strength,
and the danger of Relapses,
was thereby much preven-
ted.

Thro' all my Observations
I order the drinking warm Wa-
ter-Gruel during the Operation
of the Emetick, and to be con-
tinued untill their Fever and
Pains

Pains are either quite gon, or very much abated at which time Jallow them Barly-Water acidulated with Limon Juice, or *Ol. Sulph. per. Camp.* and Dulcified with Fine Sugar.

OBSERVATION the Second.

MAY the Third a lusty Man of Forty Years Old by sleeping upon the Deck in the Night, towards Morning he was Seized with a coldness, and shivering, and presently after a Soreness and Pain, all over his Body and Limbs, with a Pain in his Head: Those disorders had continued upon him about three Hours; but without the least sign of their abating, or Symptom

Symptom of a Fever, and his Body was very costive. I directed the following Enema,

℞. *Herb: Enemat. & flor.*
Chamomel: ana. M. j. Coq. in.
aq. maris. libras duas ad
consumptionem dimidie partis.
Post adde Electuar. Lenitiv.
Unam unciam, & injiciend
statim.

And presently after its Operation, I gave him the following Sudorifick Bolus.

℞. *Theriac. Androm. dracm.*
unam. Semis. Antimon. Di-
aphor. gr. duodecem. Sal.
Arm. Volat. gr. octo. M.
Cap. statim.

The

The Glister gave him two Stools, and he Sweat plentifully, which totally vanquished his former disorders, and all his complaint was a Faintness and Feebleness thro' the Spirits, being Exhausted by Sweating: To Remedy which I ordered him the Stomachick Cordial in the preceeding Observation: But neglecting to take it, and gorging himself with Water, threw him into a violent Vomiting. I ordered him the following Antiemetick.

Rx. Spt. Menthe Aq. Cinnamon. hordiat. ana. Uncias quatuor Sal. Asybinth. dracm. unam. M. de. quibus. Cap. unam cochlear. frequenter.

He

He took it twice and brought it up; but the third stay'd, after which he had no return of his Vomiting. His Body being inclined to be Costive, I ordered the Cathartick Powder, to be taken and continued as in the preceeding Observation.

OBSERVATION the Third.

MAY the Fifth a lusty Young Man of Twenty Four Years Old, by sleeping upon the Deck in the Night, towards Morning, was Seized with a Coldness and Shivering, and presently after a Soreness and Pain all over his Body and Limbs, with a Pain in his Head,
all

all which Symptoms continued near three Hours, but his Body was Soluble, and his Stools in good order. I ordered him the following Sudorifick Bolus.

Rx. Theriac. Androm. dracm. Unam Semis. Antim. Diaphoret. Scrup. unum. M. f. Bolus. Cap. statim.

But he nauseating the Medicine Vomited it up, and continued Vomiting very severely: I gave him as often as he Vomited a Decoction of Carduus in Water, and so continued his vomiting (near two Hours) till by his plentiful Sweating, his Coldness and Shivering, and likewise the Soreness and Pain in his Body was quite gon; but that in his Head

Head Continued without any Fever, and all his disorder was a Feebleness at his Stomach; which was Remedi'd by the Stomachick Cordial in observati-on the first. The Pain in his Head proceeding from his straining in Vomiting, and his Stomach being in good order, I gave him the Cathartick Powder to be taken according to the former Directions; that night he slept well, and in the morning his Pain was gon, and he hearty and well.

OBSERVATION the Fourth.

IUNE the Second: A Man of Forty Years Old, and of an Atrabilary Constitution, by D Sleeping

Sleeping upon the Deck
in the Night, towards Morning
he was Seized with a Coldness
and Shivering, and afterwards
a Soreness and Pain all over his
Body and Limbs, which had
continued above five Hours,
tho' without the least sign of
their abating or Symptome of
a Fever, and his Stools in good
order. I ordered him the fol-
lowing Sudorifick Bolus.

*R. Theriac. Androm. dracm.
unam. Ant. Diaphoret. Scrup.
unum. Sal. Armoniach. Volat.
gr. Octo. M. Cap. statim.*

But he being irregular Sweat
not so well as I expected, so
that his Soreness and Pain con-
tinued tho' much alleviated; the
Pores

((251))

Pores being open I ordered him
the following Sudorifick Haustus.

℞. Aq. Epidem. & Theriac.
ana. Unciam Semis. Theriac.
Androm. drachm. semis. Spt.
Sal. Armoniac gut. duodecim.
M. Cap. statim.

Which continued him in a
moderate breathing Sweat for
three or four Hours, and freed
him from all his disorders, only
a Feebleness and Faintness, which
went off upon his taking the
Stomachick Cordial as in Obser-
vation the First. Afterwards I
purged him twice with the Ca-
thartick Powder, and finished
the Cure.

Remarks

REMARKS.

Those four Observations past were all the Cases that I had on Board the *Mary Gally*, in which I found this Method Serviceable: for it was Generally twelve or twenty Hours or more, before I was called, and then when the Fever had seized them, this Method would be more hurtful, than serviceable.

OBSERVATION the Fifth.

MAY the twelfth, a Lusty Strong Body'd Man, of a sanguine Complexion, and healthy Constitution, by Sleeping upon the Deck in the Night, towards

towards Morning was Seized with a Coldness and Shivering, which was presently Succeeded by a Soreness and Pain all over his Body and Limbs; with a Pain in his Head. Those Symptoms continued about three Hours, and afterwards a great heat began to encrease, which terminated in a plentiful Sweating. In the Evening when I was call'd to him, his Sweating was very moderate, and all his disorders were pretty much abated, his Stools being in good order, and having no Inclination to vomit, I gave him the following Sudorifick Haustus.

℞. *Aq. Lactis* Uncias duas. *Aq.*

Epidem. & Theriac. ana. Un-

ciam Semis. Theriac. An-

D 3.

drom.

*drum. drachm. Semis. M. Cap.
statim.*

He rested well, and continued in a Moderate Sweat all Night, and in the Morning was free from his Fever, and all his indispositions. I gave him the Stomachick Cordial, and ordered him the Cathartick Powder to be taken as in Observation the First.

REMARKS.

I had Twenty Nine Men who laboured under the same Symptoms as he; but Nature being strong and the Disease moderate, the cause was thrown forth by a Sweating, which I
always

always continued untill the Distemper was quite worsted, then I remedied their Faintness and Feebleness, by the Stomachick Cordial, and afterwards purged them with the Cathartick Powder, and *Pulv. Cornichini*. interchangeably, according as their former habit of Body required.

OBSERVATION the Sixth.

JUNE the First, a Young Man of a plethorick constitution and Sanguine complexion was Seized with a Coldness and Shivering, as likewise a Soreness and Pain all over his Body and Limbs. When I was called the Coldness and

D 4 Shivering

Shivering was something abated, and a Heat with a quick Pulse was beginning to encrease; his Body was Moderately loose. I gave him immediately the following Sudorifick Bolus.

Rx. Ther. Androm. drachm. unam. Semis. Antim. Diaphor. Scrup. Unum. M. F. Bolus. assumend. statim.

But the sudorifick was not Sufficient to promote a secretion thro' the Pores notwithstanding the Symptoms of a Fever were but just a beginning: Therefore I ordered him *Tartar Emetick* gr. vi. which operated by Vomit, and Stool, according to Expectation, and caused him to Sweat very plentifully; which
very

very much abated his Fever, and also the Soreness and Pain in his Body and Limbs in a manner quite gon: And being Evening I ordered him the following Anodyne and Sudorifick Hauſtus, to compose his Body, to Settle his Stomach, and to continue the Pores open, so as moderately to throw forth the Remainder of the cause of the Distemper.

Rx. Aq. Theriac. Mirabil. ana.
 Unciam. Semis. Aq. Cinna-
 mom. hordiat. Uncias duas,
 Syr. de. Meconio. Unc. Semis.
 Laud. Liquidum. gut. Vi-
 ginti. M. f. Mixture. assu-
 mend. hora. Somni.

D 5

This

This had the desired effect; for he slept well, and continued in a breathing Sweat all Night, and in the Morning his Fever, as also his Pains had quite left him; and by the kindness of the Captain, he having fresh Victuals, quickly recovered his strength, and former health. Then I gave him the Cathartick Powder as in Observation the first; and purged him twice with the *Pulv. Cornichini*.

REMARKS.

Here in this Man the Shivering and Soreness had not been above two hours which made me not doubt of Success from the Sudorifick: Indeed I ought immediately

immediately to have given an Emetick, finding the Fever beginning to encrease; and knowing that the Cold Air, and excrementitious humour (being detained) must be dispersed in to the Blood, before any Symptom of a Fever can appear.

OBSERVATION the Seventh.

JULY the Fifth, a lusty young Man of a Scorbutical and Cachectical Habit of Body, by Sleeping upon the Deck in the Night, the Morning following was Seized with a Coldness and Shivering, as also a Soreness and Pain all over his Body and Limbs, with a Pain in his Head;
all

all which Symptoms had continued near four Hours ; the Coldness and Shivering being then beginning to abate, but without any Symptome of a Fever, only a small heat was beginning to encrease. Immediately I gave him *Tartar Emetic. gr. v.* and hastned its Operation by giving him a decoction of *Carduus*. It Vomited him six or seven times, Purged him twice, and caused him to Sweat very plentifully ; by means of which the Soreness and Pains in his Body and Limbs were much abated, but that in his Head continued. The Pores of the Body being open, I put him to Bed, and gave him the Cordial Sudorifick draught in Observation the fourth, to continue him in

a moderate Sweat; and assist Nature to breath forth the cause, as likewise the Remains of the Distemper: But he had no sooner taken it, than he Vomited it up, and continued Vomiting at times for Twenty Four Hours, notwithstanding all my endeavours to the contrary; but the straining to Vomit, so caused him to Sweat, that the Soreness and Pains in his Body, and Limbs, and the danger of a Fever were totally vanished, and nothing then troubled him but a Soreness in his Stomach, by straining to Vomit, and a Weakness and Faintness: To Remedy which I gave him the following Cordial Julap.

Rx. Aq.

℞. Aq. Lactis & Cinnamom.
 bordiat. ana. Uncias. quatuor.
 Aq. Cinam: fort. & Mirabil.
 ana. Unc: duas. Syr. Garrioph.
 phil. Unc. Unam Semis. Pulv.
 Gascon. Scrup. Unum. M. F.
 de quibus Cap. Unum. Cochlear.
 in languoribus.

He continued taking this for two days, and it freed him from the disorders he complained of. Afterwards I gave him a Decoction of Rad. Gentian. Absinth, &c. to Recover the tone of his Stomach, and Appetite, and directed such Food for the Recovering his strength as the Ship did afford; and as he Recovered strength I purged him with Pulv. Cornichini, and the Cathartick.

Cathartick Powder Interchangeably, and gave him Antiscorbuticks inwardly to Reduce his Body to a better Habit.

REMARKS

Here it was doubtful whether a Medicine that was Sudorifick alone, would have been of sufficient force to open the Pores, and throw forth the cause of the Distemper; therefore by giving an Emetick, (they never failing to perform the duty of a Sudorifick, and that very plentifully,) the approaching Fever was prevented, which would certainly have come upon the Patient in half an hour more. After the Operation of the Emetick

metick, altho' that violent Vomiting Seized him, yet it freed him quite from his Pains, and he was without a Fever; but the Cure would have been as certain had the Sudorifick stay'd in his Stomach, and had had its wonted effects, and the Patient then would not have been reduced to that extreme weakness; but within a few hours after his Sweating, would have been able to go about his business, as formerly.

OBSERVATION the Eighth.

JUNE the Twenty Seventh, a lusty strong body'd Man, who Eat and Drank plentifully, by sleeping upon the Deck in the

the Night, on the Morning following was Seized with a Coldness and Shivering, as also a Soreness and Pain all over his Body, and Limbs, with a Pain in his Head; those Symptoms continued upon him only three hours, and were succeeded by a violent Fever; his Body being Costive, I ordered him the Enema in Observation the second; and presently after its Operation, gave him *Tart. Emetick. gr. vi.* which Vomited him eight times; yet he Sweat but very little, and the Symptoms of a Fever still continued: I took from him eighteen ounces of Blood, and three hours after repeated the *Emetick, gr. v.* which Vomited him six times, but caused him to Sweat so plentifully.

fully, that within four hours after its Operation the Fever was in a manner gon, and then the Pores of the Body were open, and being Night, I gave him the *Anodyne* and *Sudorifick* *Haustus* in Observation the sixth, by which he rested well and continued in a breathing Sweat all Night and in the Morning he was free from all his Disorders, except a Weakness and Faintness, and a small Soreness and Pain in his Body: I ordered him the *Stomachick Cordial*, and afterwards the *Cathartick Powder*, to be taken as is directed in Observation the first, and in four or five days he Recovered his strength and health.

REMARKS.

REMARKS:

This Man being of a Plethorick Constitution, the Muscular Fibres were burthened before the Distemper Seized him, and now (the Pores being obstructed) they were so over distended by the excrementitious humour which is detained, that Vomiting was not a sufficient force to contract them so as to throw off the Matter with which they were loaded, until those Fibres were first exonerated by taking away that quantity of Blood which I took from him; then they were free and unconfined, and had liberty and room to act, so that by repeating the Emerick, I had the Success I expected, and he freed from a violent Fever. In

In this plethorick condition, the year before I had four Men more, in three of which I fail'd of success by not bleeding before giving an Emetick, but afterwards by Bleeding, and repeating the Emetick, they every one recovered, tho' reduced to a great weakness.

This I think is a sufficient testimony of the Necessity of bleeding People who are plethorick, and Seized with a Fever before you are call'd to their assistance.

OBSERVATION

OBSERVATION the Ninth

JULY the Seventh, a healthy strong bodied Man, of a sanguine Complexion, and plethorick Constitution, was Seized with a Coldness, and Shivering, as also a great Soreness and Pain all over his Body, and Limbs, with a Pain in his Head: All those Symptoms continued upon him about four hours, and being Night and upon his Watch, the Pores continued Obstructed, so that the Cold Air was dispersed into the Blood, and the excrementitious Humour was detained, whereby a great heat succeeded, which terminated in a Violent Fever. In the Morning
when

when I was called, I ordered Phlebotomy in the Arm, to eighteen Ounces, and gave him that afternoon *Tart. Emetick. gr. ʒ.* which operated very briskly eight or nine Times, and gave him three Stools: The straining to Vomit caused him to Sweat so plentifully, that his remaining Indispositions were very inconsiderable. I gave him at night the Anodyne and Sudorifick Hauſtus in Observation the sixth, which continued him all night in a gentle Diaphoresis, and caused him to rest, so that in the Morning he was free from all his Disorders, except a Weakness, and Faintness, with a Soreness of his Body, which was Remedi'd by the Stomachick Cordial in Observation the first:

first: Afterwards I ordered him the Cathartick Powder, in the same Observation, to be continued two days, and directed a Dose of *Pulv. Cornichini*.

REMARKS.

In this condition I had forty nine people, in which I followed the same Method, and by God's assistance they all recovered with the same ease and success, without being troubled with any ill Symptom, or Relapse.

OBSERVATION the Tenth.

JULY the twelfth, a middle aged Man of a weakly Constitution, by Sleeping upon the Deck

Deck in the night, was Seized with a Coldness and Shivering, as also a Soreness and Pain all over his Body and Limbs, with a Pain in his Head; all which continued near six hours; and afterwards brought on the following Symptoms and Fever, viz. a great Heat, a high and quick Pulse, a great Thirst, and a propensity to Vomit. I ordered him the following Emetick.

R. Spt. Menthae. & Aq. Lactis.
ana. Unciam Semis. Syr. Cy-
doniorum. drachm. duas. Tar-
tar. Emet. Subtil. pulv. gr.
vi. M. assumend. tres horas.
post. meridiem.

Which vomited him very hear-
tily seven or eight times, and gave
him

him two Stools ; yet notwithstanding his Vomiting the Fever continued Lurking , tho' much Alleviated ; but being Night , and the Pores of the Body open , I put him to Bed , and gave him the Sudorifick *Hauftus* , in Observation the Fourth with an Addition of *Laud. Liquid. gut XX* , which continued him all Night in a Moderate Sweat , and towards Morning he Rested four or five Hours , and his Fever was totally Eradicated ; so that his greatest Indisposition , was a Faintness and Feebleness (thro' the Expence of Spirits by Perspiration , in Sweating and Vomiting ,) with a Soreness of the

E Body

Body; I gave him the Stomachick Cordial in *Observation* the First, and order'd the Cathartick Powder, to be taken and continued, as in the same *Observation* is Directed, by which he was freed from all his Disorders, and restored to his former Health.

R E M A R K S.

I had seventeen Men of weakly Constitutions, which labour'd under the same Symptoms of a Fever; some of them had a Vomiting, others only a propensity thereto; which by giving the preceeding Emetick, and after-

afterwards putting them to Bed,
and continuing them Sweating,
with the Sudorifick *Plauſtus* in
Obſervation the Fourth, they
were freed from their Fevers:
In ſome of them the Vomiting
continued, but was quickly
checkt by the Antiemetick in *Ob-
ſervation* the Second; and after-
terwards by the Stomachick
Cordial, and the Cathartick
Pouder, they were reſtored to
their priſtine Salubrity.

OBSERVATION the Eleventh.

JUNE the Twenty Eighth,
a luſty ſtrong Man, Aged
Twenty Two Years, and of a

Cacochymical Habit of Body, who was subject to Swellings, and Sores on his Body and Limbs, by Sleeping upon the Deck, he was seized with a Coldness and Shivering, as also a soreness and pain all over his Body, and Limbs; which Disorders continued three or four Hours, and terminated in a Violent Fever, with an inclination to Vomit: I ordered him the *Emetick Haustus* in the preceeding *Observation*, which Vomited him six or seven times, and gave him two Stools; but being Night, and the Pores open, I ordered him to Bed, and gave him the *Anodyne* and *Sudorifick Haustus* in *Observation* the Sixth;
by

by which he Sweat Moderately all Night, and rested well, and in the Morning all the Symptoms of his Feaver were totally dispersed; then I order'd him the *Stomachick Cordial* in *Observation* the First; but being careless of himself, that Night he was seized with a *Diarrhæa*, to which I did not think fit to put a stop, by reason he was of a Gross Body, and of an ill Habit, and it continued Moderate for two Days, during which time I ordered *Decoct. Alb.* for his constant Drink, and such Food for his Eating, as was most agreeable to his Distemper; but his *Diarrhæa* becoming more Violent, and with Gripes, it constrained me to the

following Method : In the Afternoon I gave him *Rad. Episcuan. Drachm. Semis.* and in the Evening the following *Haustus.*

Rx. Aq. Cinnamon. fort. Unciam Unam Aq. Lactis, & Cinnam. hordiat. ana Unciam Unam Semis Syr. de Meconio. Drachm. sex. Laud. Liquid. gut. XX M.

That Night he slept well, and in the Morning his Loosness was very much Mitigated, and his Gripes quite gon; I continued his Drinking *Decoct. Alb.* and by eating fresh Victuals, and repeating the *Haustus* the Night following, his Loosness became o Moderate, that it was not trouble-

troublesome, and in two Days, his Stools came away of good Consistence, and he pretty Hearty and Well; I gave him *Antiscorbuticks* inwardly to reduce his Body to a better Habit, and ordered him the *Cathartick Powder*, and *Pulv. Cornichini*, to be taken Interchangeably, by which Method he was freed from his former Indispositions.

OBSERVATION the Twelfth.

JULY the Nineteenth, a Lusty able body'd Man, of a Sanguine Complexion, by Sleeping upon the Deck in the Night, took Cold; and in the Morning was

sized with a Coldness and Shivering, and likewise a Soreness and Pain all over his Body and Limbs, with a Pain in his Head; all those Symptoms continued near five Hours, and then Terminated in a violent Fever: His Body was Soluble, and his Stools in good Order. I ordered Phlebotomy in his Arm to Eighteen Ounces, and that Afternoon *Tart. Emetic. gr. 5.* which Operated according to Expectation, and by his Plentiful Sweating, all his Symptoms of a Fever went off; and only a Faintness and Feebleness, with a Soreness of his Body remain'd; to remedy which I ordered him the *Stomachick Cordial*, to be taken as

is Directed in *Observation* the First;
 but he being *Ungovernable* got
 out from his Bed, and laid down
 upon the Deck, almost Naked,
 with his Body exposed to a sharp
 Evening Wind, upon which he
 was seized with a Faintness and
 Shivering, and presently after a
 Stupidity, and deprived of Speech;
 I ordered him into Bed and gave
 him the following *Sudorifick*
Hauftus.

Rc. Aq. Theriac. & Epidem. ana
 Unciam semis. Theriac. An-
 drom. drachm. Unam. spt. Sal:
 Armoniac. gut. XXX. M.
 Cap. Statim.

E 5.

And

And provided this caused him not to Sweat within two Hours, to repeat it again, which was accordingly done, but with the same success; for within half an Hour after the taking the latter, his Pulse fell, and he Died immediately, which was within two Hours and half, after the Stupidity seized him.

R E M A R K S.

Now since my better Experience in this Distemper, I verily believe had I given him an Emetick, after the first Sudorifick Haustus, it would have saved his Life: For Judging that those unexpected

unexpected Disorders proceeded from the Pores being all open, and the Animal Spirits much Exhausted by Vomiting and Sweating; the Cold Air Penetrated at once, and lock'd up the remaining Animal Spirits in their Avenues in the Brain, and whole Body together, by Contracting, and Obstipating the Nerves, so that a Medicine which Operated by Vomit, causing a great action of their Fibres, and then being assisted by the *Sudorifick*, penetrating their Avenues, and unlocking the Stagnated Spirits, a *Secretion* would be promoted, and the Life of the Patient preserved: But had he taken the *E-metick*, and Died; I had laid my

my self liable to the Censure of the Seamen, who would have Concluded it was the cause of his Death.

O B S E R V A T I O N

The Thirteenth.

JULY the Twenty Ninth, a strong body'd young Man, of a Healthy Constitution, by Sleeping upon the Deck in the Night, he was seized with a Coldness and Shivering, as also a Soreness and Pain all over his Body and Limbs, with a pain in his Head; all which Symptoms continued upon him about four Hours, and then Terminated

ted in a violent Fever; but his Body was soluble and his Stools in good order. I ordered Phlebotomy in his Arm to Sixteen Ounces, and that afternoon gave him *Tart. Emetic. gr. v.* which Vomited him Seven or eight times, and gave him two Stools; his Vomiting caused him to Sweat plentifully, and being put to Bed, he continued Sweating three hours more, which Eradicated his Fever, and only a Feebleness and Faintness remain'd: I gave him that Night the *Stomachick Cordial*, and in the Morning the *Cathratick Powder*, and thought I had finished the Cure; but the Night following, being careless of himself he took Cold, and

and was again Seized with the Coldness, and Shivering, &c. which Terminated in a Fever as before. I ordered him *Tart: Emetic. gr: iv.* which gave him Six Vomits and three Stools, but he Sweat not so well as I expected; therefore being Evening, I ordered him to Bed, and gave him the *Anodyne* and *Sudorifick Haustus*, in *Observation* the Sixth, by which he Rested well, and continued in a gentle *Diaphoresis* all Night, and in the Morning the Disorders he complained off was vanished: I gave him the *Stomachick Cordial* and *Cathartick Powder* in *Observation* the First: But after four Days he was so Unfortunate as to be Seized with a Violent *Diarrhæa* and
 Gripes

Gripes, which in twenty four
Hours reduced him to such a
Weakness, that he was scarce a-
ble to stand upon his Leggs.
I gave him that Afternoon,

R. *Epicocuan.* *Drachm.* *Semis.*
Which Operated according to
Expectation; and at Night I or-
dered him the following Enema.

R. *Cortex Granatorum* *Unciam.*
Semis. *Corn. Cerv.* *Calcinat.*
Unciam Unam. *Lign. Cin-*
nam. *drachm. Tres.* *Aq. fon-*
tis libras duas. *Coquantur*
ad dimidie partis consumpti-
onem, & *coletur colatura.*
Unc. duodecim. *Adde Spt. vi-*
ni Unc. Semis. *Electuar. Di-*
ascord.

*Castord. fracaſtor. drachm. Tres.
M. f. Enema. injiciend. ſtatim.*

And ordered Decoſt: *Alb.* for
his Constant Drink, and gave
him the following *Hauſtus.*

*R. Aq: Cinam. fort. Uneiam
Unam & Cinam. hordiat.
Uneias Tres. Syr. de Meconio
drachm. Sex Laud. Liquid.
gut. XX. M. Cap. ſtatim.*

That Night he reſted well,
and in the Morning his *Enema*
came away, but he found no
more of his looſneſs: I conti-
nued him to drink the Decoſt:
Alb. And by the *Stomachick Cor-
dial*, and Decoſt: *Amarum.* he
got an appetite to his *Victuals*,
and in a few days recovered
his

his Strength ; then I gave him the Cathartick powder to be taken and continued as in *Observation the First*.

REMARKS.

I had five Men more who were Seized with the forementioned Symptoms and Fever, who after they were cured, thro' their irregularity or ungovernable temper relapsed, and had the like Symptoms and Fever, as before; except one who when he found the Coldness, and Shivering returning upon him, sent to acquaint me, and I gave him the *Sudorifick Haustus* in *Observation the Fourth*, which caused him

him to Sweat so plentifully, that the approaching relapse was thereby prevented; and by the Stomachick Cordial, and Cathartick Powder as in Observation the First, he recovered his health and strength, as before.

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THE CONCLUSION.

I Was first Induced to this Method, by seeing Men who had been seized with that Coldness and Shivering, &c. and afterwards a violent Fever; relieved and freed within three or four Hours, from their Fever and other ill Symptoms, by a Vomiting which happened accidentally in the Distemper; when I frequently found the same sort of Fevers, by the Method generally used, to hold five or six Days, when no Vomiting happened: But altho' the Vomiting freed

freed them from their Fever ;
 (when they are so happy as to
 get rid of it in a few Hours) yet
 it generally held them two, or
 three Days before a Check could
 be given to its Violence, which
 too frequently brought on Dis-
 orders that proved of worse con-
 sequence than the Fever would
 have been. It was always my
 Admiration how a Vomiting
 could extricate such violent Fea-
 vers in so short a Time ; and at
 last by considering all the Natu-
 ral Secretions, and observing that
 during one's Vomiting he Sweat
 very plentifully ; and knowing
 by their Coldness and Shivering,
 &c. that their Fever proceeded
 from an Obstipation of the Cu-
 ticular

ticular Pores, I judged that the opening those Obstipated Emunctories, must be the means of Cure: And then I began to see its Effects as a *Sudorifick*; and afterward experienced that the more they Sweat by straining to Vomit, their Fever was the more Alleviated: Since which I have followed this Practice, and I hope every one who uses the same Method, after a little Practice will have the same Success.

The Antecedent Cause of all these Fevers, proceeds from their Sleeping upon the Deck in the Night (perhaps after Drinking, or being Fateagued with Work, when the Pores of their Body are all open) with Breasts their open
and

and their Bodies wholly exposed to a Dew, which in that Country falls in such quantities (sometimes) that had they as many Cloaths as they usually put on in Winter to defend them from the Cold, within two Hours they would be wet through: Altho' at that time the most of their Cloathing is a Waistcoat in the Night, and a Shirt alone in the Day; then as soon as they awake they are seized with the forementioned Symptoms and Fever: Indeed there is a Printed order on board each Ship of War, that they shall not sleep in their Watch, as likewise a Punishment for so doing, which if was put in Practice I am certain

tain would be the Saving of a great many Men's lives; more dying by that custom, in that Country, than by shot and all other accident whatsoever: Yet he who tells them of it, and forewarns them of the Danger in so doing, is the only person they believe to be their enemy; because to follow that direction they are debarred of so much pleasure. Indeed it is athousand pitties so great a Danger, should attend so much pleasure; for in the Summer time in that Country, where the day is so excessive hot, that it is impossible to be easy either sitting, standing, or lying; to Sleep upon the Deck in the Night, where

where there is never wanting
 a pleasant Cold Air, is certainly
 the greatest pleasure imaginable;
 and especially after
 Sweating, or any Fatigue, which
 is the only time they are in-
 clined to Sleep; so that the
 greater the pleasure, the more
 the Danger.

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